



CLUB ASHDOWN FITNESS CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7am Pool Biking Pool Biking			7am Pool Biking		
	10:00am Aqua	11:00am Aqua			11:00am Aqua		
				12pm Body Fusion			
	6pm Pool Biking	6.30pm Pool Biking		6.30pm Pool Biking			
	7pm Pilates		7.00 pm Pilates				

Pool Biking bundles available

